

Okinawan Sweet Potato Crumb Bars



Level: Easy

Prep Time: 45 minutes to 1 hour

Serves: about 12

Baking Time: 45 minutes

Okinawan Sweet Potato Filling:

1 pound Okinawan sweet potatoes (about 3 medium-sized)

6 Tbsp. white granulated sugar

1 Tbsp. water

1 Tbsp. unsalted butter, melted

$\frac{1}{8}$ tsp. ground cinnamon

Crust and Crumble Topping:

$2\frac{1}{4}$ cups all-purpose flour

$\frac{3}{4}$ cup white granulated sugar

$1\frac{1}{2}$ sticks (or $\frac{3}{4}$ cup) unsalted butter, cut into cubes and kept cold in refrigerator

2 large egg yolks, well beaten

$\frac{1}{4}$ cup coarsely chopped pecans (optional)



Preheat oven to 350°.

For Okinawan Sweet Potato Filling: Clean outside of potatoes, then boil in a pot of water until soft and tender. Remove from pot and let cool. Remove skin. In a medium bowl, mash the sweet potatoes until creamy. Add the sugar, water, butter, and cinnamon. Mix until all are combined. Set aside.

For Crust and Crumble Topping: In a large bowl, mix the flour and sugar until combined. With a pastry cutter, cut the cold butter with the flour mixture until coarse crumbs are formed. Add the beaten egg yolks and gently mix with your clean fingers and palms until the eggs are incorporated. However, do not overmix the crust ingredients. It should be flaky and there should be irregular pieces of butter in the mixture, some small and some large. Take out half the crust mixture (the other half will be used for the crumble topping) and evenly spread it in the bottom of a square 9x9 cake pan, pressing down firmly until the crust is packed and even. Place the Okinawan sweet potato filling over the packed crust and with an angled icing spatula, smooth the filling evenly over the crust. If desired, add the chopped pecans to the other half of the crust mixture (the crumble topping) and mix gently. Evenly sprinkle crumble topping over the sweet potato filling. Bake for 45 minutes, or until the top crumble is nicely browned. Cool on a wire rack. Cut into bars. Best eaten on the day it is made.

Notes:

- It's ok to double this recipe for a 9x13 pan. Baking time is about the same.
- Another option is to serve this warm with a scoop of vanilla ice cream.